**2023/24 annual messaging toolkit**

Last update: April 2024

**Healthy schools**

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# **About this toolkit**

**Help your school community stay healthy and well throughout the school season.**

This annual messaging toolkit is intended to provide schools with content to help educate parents or caregivers and students on important health topics.

There is written and visual content, organized by month of the school year, provided below that can be used on your school’s website, newsletters, social media or emails. You’ll find complete articles and social media posts that you can copy and paste directly onto your platforms.

If you have questions, concerns or feedback, please contact your school health nurse.

# **Topics by month**

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| **Month** | **Topic** |
| September | Back to school health |
| October | Vision, hearing and dental screenings |
| November | Respiratory season and fall immunizations |
| December | Winter health |
| January | Mental health awareness |
| February | Anti-bullying, cyberbullying and digital literacy |
| March | Spring health |
| April | Outside play and physical activity |
| May | Mental health and youth substance use |
| June | Summer health |

# **September – Back to school health**

**Article for website or newsletter:**

**Your healthy back-to-school guide**

As summer winds down, it’s time to gear up for a healthy back-to-school season. Set the stage for a smooth transition back to school. Here are some practical tips to get you started.

**Prioritize sleep**

Ensuring your child gets enough sleep is an important part of a healthy back-to-school routine. Quality sleep helps with concentration, mood and overall well-being. In the weeks leading up to the start of school, gradually adjust your child’s sleep schedule so they can adapt to the new routine. Aim for nine to 11 hours of quality sleep per night.

**Eat well**

Support your child’s learning and development with scheduled meals and snacks. Breakfast kick starts their morning, while snacks and lunches nourish them throughout the day. Pack a water bottle to help them stay hydrated.

**Boost immunity**

As with any public environment, school exposes children to various germs and viruses. Ensuring they are up-to-date on their vaccinations helps protect them and others. Specific immunizations are recommended for children prior to entering Kindergarten as well as in grades six and nine. Help your child avoid the spread of illness by encouraging them to wash their hands regularly, teaching them to cover their coughs and sneezes and keeping them home when sick.

**Keep active**

Adding physical activity to your child’s routine sets them up for success. Activities like walking or biking to school, playing sports, dancing, swimming or helping around the house are great ways for your child to stay active. Set limits on screen time and promote outdoor play as much as possible for overall well-being.

**Make time for talking and connection**

Going back to school can be a cause of anxiety or stress for children. Make it a point to encourage open communication and support your child to talk about their feelings and help them feel heard and understood. Integrate downtime into their routine where they can relax or focus on a special interest or hobby.

Find more school health tips and resources on Fraser Health’s website: <https://ow.ly/gS1S50Pegic>

**Social media posts**

**Facebook**

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| *Plan for a smooth transition back to school with tips from Fraser Health’s healthy back-to-school guide:* <https://ow.ly/SWgx50PegMV>*.* |

**Twitter**

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| Need help gearing up for back-to-school season? Check out Fraser Health’s healthy back-to-school guide for tips and resources: <https://ow.ly/7oh450PegY3>. |

**Instagram**

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| *Check out Fraser Health’s healthy back-to-school guide for everything you need to know about keeping your child healthy this back-to-school season:* <https://ow.ly/wZhk50PegX8>. |

**Image to use with article or social media posts:**

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# **October – Child health screenings: vision, hearing and dental**

**Article for website or newsletter:**

**Make dental, hearing and vision checks part of a healthy routine**

Health screenings help find issues early which can make treatment easier and more effective. It’s important for your child to have regular eye exams and routine dental checkups. It is also important to recognize any hearing loss early as this is essential for speech and language development. Read on to learn when and how to access services for your child.

**Dental**

Tooth decay is the most common, but preventable, childhood chronic disease. It is important to establish good oral hygiene at a young age and have children’s teeth checked by a dentist regularly. To find a local dentist near you who is accepting new patients, visit the BC Dental Association's [Find a Dentist database](https://www.yourdentalhealth.ca/visiting-your-dentist/find-a-dentist/). If you are a member of a low-income family and you do not have extended health coverage, there are several programs that can help you access [affordable dentistry for your children](https://www.fraserhealth.ca/health-topics-a-to-z/children-and-youth/dental-health-for-children/affordable-dentistry-options-for-children). You can also contact the dental program at your [local public health unit](https://www.fraserhealth.ca/Service-Directory/Services/Public-Health-Services/dental-care) and ask about resources available in your community.

**Vision**

[BC Doctors of Optometry](https://bc.doctorsofoptometry.ca/) recommends children receive their first eye exam when they are six to nine months old with a follow up exam at least once between the ages of two and five and then yearly once they enter school. You can find an optometrist accepting new patients near you at the College of Optometrists of British Columbia's [Find an Optometrist database](https://bc.doctorsofoptometry.ca/find-a-doctor/). In B.C., basic eye exams, one per year, are free up to the age of 18. Some optometrists may charge a small user fee of about $35 per visit so be sure to ask about any fees before you make an appointment.

**Hearing**

Good hearing is essential for speech and language development and plays an important part in a child's social and emotional growth. It is important to recognize hearing loss early and seek out testing and treatment if needed. Fraser Health’s Public Health community audiologists provide hearing services for children from birth to 19 years of age. If you have a concern about your child's hearing, referrals can be made by a parent or caregiver, a health care provider or education professional to your [local public health audiology (hearing) clinic](https://www.fraserhealth.ca/Service-Directory/Services/Public-Health-Services/hearing-clinic).

Find more information on child health screenings and how to access free vision, hearing and dental exams on Fraser Health’s website: <https://ow.ly/oK9z50PegZB>

**Social media posts:**

**Facebook**

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| Regular dental, hearing and vision exams are important for your child’s development. Learn when and how to access these services for your child on Fraser Health’s website at: <https://ow.ly/xrqR50Peh1u>*.* |

**Twitter**

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| Health screenings such as dental checkups and eye exams can help find issues early, making treatment easier and more effective. Learn how to access dental, hearing and vision exams for your child on Fraser Health’s website: <https://ow.ly/jtS050Peh4Z>*.* |

**Instagram**

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| Ensure your child is getting the most out of their education with regular dental, hearing and vision checkups. Learn what to look for and when to book checkups on Fraser Health’s website: <https://ow.ly/EIyz50Peh4a>*.* |

**Image to use with article or social media posts:**



# **November - Respiratory season and fall immunizations**

**Article for website or newsletter:**

**Protect your children from respiratory illnesses this winter**  
Respiratory illnesses tend to increase as we spend more time indoors. Common colds, the flu and COVID-19 spread through tiny droplets as people who are sick breathe, talk, cough or sneeze. When other people touch these droplets and then their eyes, mouth or nose before washing their hands they may become sick.

There are a handful of steps both children and adults can take to protect themselves and limit the spread of respiratory illnesses:

* Wash your hands often with soap and water. Use alcohol-based sanitizer if soap and water is not available.
* Avoid touching your face, especially your eyes, mouth and nose.
* Cough and sneeze into your elbow.
* If you have symptoms, stay home and stay away from people at higher risk of serious illness.

**Flu and COVID-19 vaccinations**

The best way to protect others and reduce the risk of getting sick with the flu and COVID-19 is to [get immunized](https://ow.ly/OHq450Peh5O). The flu and COVID-19 vaccines are safe, effective, and available for free to anyone aged six months and older.

It is much safer to get the vaccines than to get the illnesses. Register your children with the Get Vaccinated system so that you can be invited to book their vaccinations when they are due.

Learn more here: <https://ow.ly/5WWe50PYIYC>

**Social media posts:**

**Facebook**

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| Anyone aged six months and older is eligible for both the flu vaccine and the COVID-19 vaccine. Protect your child this respiratory season by getting vaccinated. Learn more: <https://ow.ly/H0Wu50PYIMX> |

**Twitter**

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| Protect yourself and your child from respiratory illness this winter by getting immunized with the recommended vaccines. Learn more: <https://ow.ly/Q3BA50PYIPg> |

**Instagram**

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| *Protect yourself and your child from respiratory illness this winter by getting immunized with the recommended vaccines. Learn more:* <https://ow.ly/hVO650PYIXQ> |

**Image to use with article or social media posts:**



# **December – Winter health**

**Article for website or newsletter:**

**Keeping your child healthy during winter**

As the chilly winter season is upon us, there’s a few extra things you can do to help keep your children healthy and well. Navigate this season with these essential tips.

**Bundle up for the cold**

Dressing appropriately for the cold weather is vital in keeping your child comfortable and protected. Wearing multiple layers is a great way to trap body heat and provide insulation against the cold.

Keep a warm hat, gloves, scarves and insulated boots handy. Remind your child to wear these items before heading outside to play or going to school.

**Protect against winter illnesses**

Winter brings an increased risk of colds and flus. Make sure your child is getting enough sleep (nine to 11 hours for elementary-aged children), eating a variety of foods and staying hydrated by drinking plenty of water. Ensure your child receives their annual flu vaccine and talk to a health care provider about any additional vaccines that may be recommended. Teach your child good respiratory etiquette such as regular hand washing, covering their coughs and sneezes and staying home when sick.

**Keep their bodies moving**

While colder weather may limit outdoor activities, it’s crucial to keep your child active during winter as regular physical activity boosts their immune system and keeps them energized. Encourage indoor play and activities such as dancing, yoga or interactive video games that promote movement. Look for winter programs at local community centres or indoor sports facilities.

Find more tips for a healthy winter: <https://ow.ly/77AK50Pehvi>

**Social media posts:**

**Facebook**

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| Keep you and your child healthy this winter by following Fraser Health’s winter health tips: <https://ow.ly/h3Hq50PehwB>. |

**Twitter**

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| Learn how to keep warm, protect against illnesses and stay active this winter with Fraser Health’s Healthy Winter Guide: <https://ow.ly/8ybj50PehAl>. |

**Instagram**

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| Indoor activities like dancing and yoga can keep you and your child active this winter. For more winter health tips see Fraser Health’s Winter Health Guide. <https://ow.ly/LUTi50Pehy6>. |

**Image to use with article or social media posts:**

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# **January – Mental health**

**Article for website or newsletter:**

**Know when and how to access mental health support for your child**

Mental illnesses are common in children and young people, they can have a significant impact on their development, relationships and their performance in school. Getting help early can prevent symptoms from becoming more severe and support a faster recovery.

**Where do I start if my child or teen needs help?**

A good place to start is by talking with your child/teen about how things have been going for them and what you’ve noticed.

Keep in mind that children and teens vary in their ability to talk about their feelings and experiences. They may not have the vocabulary to describe feelings. They also may not understand what’s going on for them or make the connections between something in their life and their struggles.

**How do I talk to my child or teen?**

Here are some tips to help start a conversation with your child:

* Find a good time and place to talk. Driving to and from places, preparing dinner, or cleaning up after a meal are great opportunities to talk.
* Ask how they are or if they’d like to talk about anything that’s going on for them.
* If they say they’re fine or nothing is wrong, explain why you’re concerned and offer specific examples that you’ve noticed.
* Acknowledge how it must be difficult for them.
* Ask about what strategies/actions they find helpful. Acknowledge their strengths.
* Discuss how mental health is part of everyone’s life – and not just about severe problems.
* Talk about how sometimes it can take the assistance of others to overcome difficulties. Ask if they would they like to talk with someone.
* Ask them what they think would help or what they think they need.
* Offer to make an appointment for your child/teen to see your family doctor – physical issues can sometimes have mental health symptoms associated with them. It’s important to check if there’s any physical issues.
* Let them know you want to help and that they can always come to you.
* If your child doesn’t want to talk, let it go and try again in a few days.
* If you have concerns that your child may using alcohol or other drugs, [get tips on how to talk to your child about drugs](https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use/overdose-prevention-and-response/overdose-resources-for-schools-and-parents).

Get more information about child and youth metal health: <https://ow.ly/KgZZ50PehL0>

**Social media posts:**

**Facebook**

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| Mental illnesses are common in children and young people, but getting help early can support a faster recovery. For mental health help and resource for children and youth, visit Fraser Health’s website <https://ow.ly/TCtH50PehC6>. |

**Twitter**

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| Need help talking to your child about mental health? Visit Fraser Health’s website for tips to help start a conversation with your child: <https://ow.ly/ePnc50PehX9>. |

**Instagram**

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| Fraser Health has resources to help you learn the signs and symptoms of mental health problems in children and teens and tips for starting conversations. Visit their website to learn more: <https://ow.ly/qXKf50PehW8>. |

**Image to use with article or social media posts:**

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# **February – Anti-bullying, cyberbullying and digital literacy**

**Article for website or newsletter:**

**Help keep kids stay safe from bully behaviour online and at school**

Bullying can affect all children and has negative impacts on the victim as well as the bully.

Bullying can appear in several forms:

* **Verbal bullying**: Examples are name calling, making fun of someone, making jokes at another's expense, unwelcome teasing and spreading secrets someone disclosed in confidence.
* **Physical bullying**: Pushing, shoving, pinching, hitting, spitting, damaging property and vandalizing lockers or school supplies.
* **Social bullying**: Examples are spreading rumours, being exclusive with friends and excluding people from events or study groups.
* **Cyberbullying**: Using social media to intimidate, exclude and disseminate private information or using texting, emails or other applications to damage someone's reputation.

Strategies focused on building self-esteem, developing respectful relationships and providing clear but respectful communication tend to be the most successful.

Children who are bullied need to be empowered and supported in developing healthy relationships.

Bullies on the other hand, need to learn social responsibility, empathy, right from wrong and remedial actions, such as rebuilding relationships and apologizing.

**What can you do as a parent to prevent or deal with bullying?**

* Encourage your child to report bullying they either experience or witness to school staff, such as teachers, counsellors, principals or parents.
* Provide opportunities for open dialogue about sensitive topics.
* If your child is the bully, encourage them to reflect on their actions, and how they would feel if the tables were turned and they were on the receiving end.
* Help your children develop [digital literacy](https://www2.gov.bc.ca/gov/content/education-training/k-12/teach/resources-for-teachers/digital-literacy) so they are aware of what cyberbullying looks like and have strategies for handling cyberbullying when it arises.

Find more advice for preventing or dealing with bullying on Fraser Health's website at: <https://ow.ly/Yq2150Pei4C>

**Social media posts:**

**Facebook**

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| Bullying can affect all kids. For resources on preventing or handling bullying, visit Fraser Health’s website: <https://ow.ly/TARu50Pei6G>. |

**Twitter**

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| Fraser health has tips on preventing and dealing with bullying. Learn more at <https://ow.ly/LSZ750Pez9y>. |

**Instagram**

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| Help your child learn and understand what bully behaviour is and how it can affect themselves and others, see <https://ow.ly/98yR50Pez95>. |

**Image to use with article or social media posts:**

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# **March – Spring health**

**Article for website or newsletter:**

**Spring health for kids**

The spring season is approaching which means warmer weather and more outdoor activities. It’s also an opportunity to foster new healthy habits for our children. Here are five practical tips for school-aged kids to make the most of this season.

**Get active**

Warmer weather makes spring the perfect time to get outside and play. Take a walk around your neighbourhood or head to a local park or hiking trail. You can also stay active close to home with some backyard jump rope or hopscotch.

**Think fresh**

Springtime often brings up images of fresh fruits and produce. Now is a great time to teach children about where food comes by helping them to start their own home garden. You don’t need a large space to get started. Strawberries, tomatoes and lettuce can all be grown from pots on a sundeck.

**Be sun safe**

Sun burns are possible even in spring. Use a sunscreen that has Sun Protection Factor (SPF) 30 or more. When possible, schedule outdoor activities in the morning or late afternoon and early evening. If you and your children are out in the sun during mid-day hours, wear long sleeves, loose-fitting long pants and a hat with a wide brim.

**Support positive mental health**

The best way to support positive mental health in your children is by forming strong and caring relationships with them. Make time for connection each day. Talk to them about their feelings and experiences.

**Practice road safety**

Biking is a great way to exercise and spend quality time with your family. Remember to keep safety top of mind. Protect their heads with a well-fitted helmet and teach them the rules of the road, such as the hand signals for stop, right and left-hand turns.

Find more tips for a healthy spring in Fraser Health’s Spring Health Guide: <https://ow.ly/HR5150Pez9Y>

**Social media posts:**

Facebook

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| As the spring season approaches, help your child start their own home garden to teach them where food comes from. For more tips for a healthy spring in Fraser Health’s Spring Health Guide: <https://ow.ly/I8pw50Pezal>. |

Twitter

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| Spring time means more fun outdoor activities for children, like riding bikes and scooters. It’s a good time to remind your child about road safety and how to protect themselves. Learn more about spring safety in Fraser Health’s Spring Health Guide: <https://ow.ly/IYzt50PezaW>. |

Instagram

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| Get active this spring season by taking a walk around the neighborhood or on a hiking trail. For more spring health tips in Fraser Health’s Spring Health Guide: <https://ow.ly/6uQ450PezaM>. |

**Image to use with article or social media posts:**

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# **April – Outside play, physical activity and injury prevention**

**Article for website or newsletter:**

**Get outside and play**

Physical activity is a necessary requirement for optimal health – and the benefits are even greater if you can do it outdoors.

Regular physical activity in childhood helps to develop cardiovascular fitness, muscle strength and bone density, and being outdoors is known to improve mental health.

There are many benefits to unstructured, outside play. When children spend time outside, they:

1. **Sit less, move more and play longer** – key to cardiovascular health and fitness.
2. **Have healthier eyes** – 10+ hours a week outside reduces nearsightedness risks.
3. **Sleep better** – sunlight helps regulate melatonin and sleep patterns.
4. **Enjoy improved mood** – exercise reduces symptoms of anxiety and depression.
5. **Feel more connected to nature** – experience calm and develop mindfulness.

Planning active outings doesn’t have to be challenging or costly. Here are some ideas that you can try this week:

* **Go for a walk or hike**– try these [10 hikes to take your kids on this summer](https://www.vancouvertrails.com/blog/10-hikes-to-take-your-kids-on-this-summer/).
* **Play in a forest or park** – try a new [regional park](http://www.metrovancouver.org/services/parks/Pages/default.aspx) every day for a week.
* **Climb a tree**– this [Vancouver climbing tree](https://www.atlasobscura.com/places/cambie-climbing-tree) is inspiring, but start smaller!
* **Explore a local stream** – check these [beautiful watershed walks](http://www.metrovancouver.org/services/water/sources-supply/watersheds-reservoirs/Pages/default.aspx) in the region.
* **Play hopscotch or jump rope**– try teaching these [six fun jump rope games](https://www.todaysparent.com/family/activities/6-fun-ways-to-jump-rope/).
* **Swim at the pool, waterpark or beach** – check [beach safety conditions](https://www.fraserhealth.ca/health-topics-a-to-z/recreational-water/beach-conditions#.XPWZn6JKiUm) first.
* **Ride a bike or scooter** – find [easy, family-friendly cycling routes](https://www.letsgobiking.net/).
* **Visit farms, fish hatcheries and bird sanctuaries**– this [local family fun guide](https://delta-kids-bucket.s3.amazonaws.com/uploads/resource/resource_file/80/Free_Family_Fun___digital_version_.pdf) has unique ideas.

Find more ideas to keep your kids active through the year on Fraser Health’s website: <https://ow.ly/lrmm50PezbK>

Social media posts

Facebook

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| Physical activity is a necessary requirement for optimal health in children. Visit Fraser Health’s website to learn about the importance of physical activity and how to incorporate it into your child’s daily activities: <https://ow.ly/e3Zq50Pezc4>. |

Twitter

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| Visit Fraser Health’s website to find out how much physical activity is recommended for your child as well as tips to support your child to be physically active: <https://ow.ly/VFMv50PezeJ>. |

Instagram

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| There are many benefits for children who play outside, like cardiovascular health, better sleep and improved mood. Fraser Health’s guide to outdoor play can help you plan outdoor activities even when you’re on a tight schedule: <https://ow.ly/x2E850Pezcn>. |

**Image to use with article or social media posts:**



# **May – Mental health and youth substance use**

**Article for website or newsletter:**

**Mental health and substance use impacts on youth**

Youth is a time of growing, learning and changing. It can also be a time when behaviours may become more risky and youth may experiment with substance use. While not all youth will choose to use substances, many do experiment and some experience harms from their own or other’s substance use.

Alcohol is, by far, the most common substance used by youth. This is followed by cannabis and nicotine. Among youth, vaping has become a very popular way to use nicotine and cannabis. Additionally, a small number of youth use illicit substances and these youth are vulnerable to toxic drugs circulating in the community.

Alcohol is commonly consumed by adults in many social situations and youth often don’t realize that it is a drug that carries considerable risk. Intoxication puts youth at increased risk for injury, violence and overdose (also called alcohol poisoning). Long term alcohol-use can cause cancer and increases risk for heart disease, liver disease and many health issues.

Youth who use substances are at increased risk of mental health issues, such as depression and anxiety. All substances can have negative impacts on the way a child or youth’s brain grows and develops.

Helping youth to avoid or delay substance use for as long as possible can help protect their physical and mental health. It is never too early to talk to your child or youth about alcohol and substance use. Here are some tips to help you support your child or youth:

* Start by having open and honest conversations. Be a good listener. Avoid lecturing or making judgements.
* Look for natural opportunities to spark discussion including movies and media.
* Seek out factual information to share with your children. Work together to build life skills that help you and your child prepare for situations where substances may be offered.
* If you use alcohol or other substances, pay attention to when, why and how much you use. Have conversations with your children about how they feel about your alcohol or substance use.
* Encourage youth to delay the decision to use alcohol and other substances. Have conversations with them to see if they are thinking about trying alcohol or other substances. If they are, ask if they could wait for an agreed on period of time. Check in with them often.
* Have clear but caring boundaries and family guidelines about alcohol and substance use. Ensure your child feels safe and supported. For example, let them know you will provide a safe ride home for them or their friends if they need one.

Visit Fraser Health’s web page [Substance Use in Children and Youth](https://www.fraserhealth.ca/health-topics-a-to-z/children-and-youth/substance-use-in-children-and-youth?utm_source=newsletter&utm_medium=email&utm_campaign=school_health) to learn more.

Find out what services, programs and resources are available for your child and/or youth [here](https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use/child-and-youth-mental-health).

**Social media posts:**

Facebook

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| Are you concerned about your child’s mental health, substance use or both? Fraser Health offers services, programs and resources to help your child. Learn more here: [*https://ow.ly/gBwh50Pezkc*](https://ow.ly/gBwh50Pezkc)*.* |

Twitter

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| Need help understanding substance use, such as drugs, tobacco, vaping products and alcohol, in school-aged children? Visit Fraser Health’s website for programs, resources and services: [*https://ow.ly/4Jqz50Peznm*](https://ow.ly/4Jqz50Peznm)*.* |

Instagram

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| Mental health and substance use can be a tough topic to approach with your child. Visit Fraser Health’s website to learn how to talk about these topics and what resources are available: <https://ow.ly/yQcg50Pezm4>. |

**Image to use with article or social media posts:**



**June – Summer health**

**Article for website or newsletter:**

**Keeping kids healthy and safe this summer – tips for parents**

As summer approaches, excitement levels rise in anticipation for outdoor adventures, sports and family vacations. Summer is a time for fun and relaxation, but it’s also a time to prioritize health and well-being. Below are some tips to help your kids stay active, healthy and safe during the summer months.

**Sun protection**

Help avoid sunburns by applying a sunscreen lotion with Sun Protection Factor (SPF) 30 or more to your children (and yourself) at least 20 minutes before heading outside. Seek shade and stay out of the hot sun between 11 a.m. and 4 p.m. Look for places with lots of shade, such as parks with big trees. Take an umbrella or tent to the beach and cover up with a wide brimmed hat, long sleeves and lose-fitting long pants.

**Breathe easier**

B.C. wildfires and dry weather conditions are common during the summer months resulting in poorer air quality. [Reducing exposure to wildfire smoke](https://patienteduc.fraserhealth.ca/file/wildfire-smoke-600546.pdf) is the best way to protect your and your family’s health. [Stay on top of air quality advisories](https://www2.gov.bc.ca/gov/content/environment/air-land-water/air/air-quality/air-advisories).

**Hydration**

Encourage your children to drink water regularly, before they become thirsty. Instill the habit of always carrying a water bottle with them wherever they go.

**Physical activity**

Parents who join in on soccer games, splash in the pool or set out on hikes with their children on summer vacation – and all year long – not only get fit themselves but provide healthy role models for the next generation. Healthy, active outdoor play is one of the best ways to improve both adults’ and children’s overall physical and mental health.

**Enjoy the bounty of the summer produce**

Summer is here, which means fresh fruits and vegetables are in season. This makes it an ideal time to eat some delicious locally grown foods. [Local farmers’ markets](https://bcfarmersmarkettrail.com/) and [u-pick farms](https://www.bcfarmfresh.com/farm-features/u-pick-u-catch-u-cut/) are a fun way to enjoy farm fresh fruits and veggies while getting outside and supporting your local farmers.

Find more summer health tips in Fraser Health’s Healthy Summer Guide: <https://ow.ly/KqgY50Pezjh>

**Social media posts:**

Facebook

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| Prioritize your health and well-being with Fraser Health’s summer health tips. For tips on staying active and healthy this summer visit <https://ow.ly/C83H50Pezh3>. |

Twitter

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| Keep you and your child hydrated this summer by carrying a water bottle with you. For more tips, see Fraser Health’s Summer Health Guide: <https://ow.ly/oY8550PezhG>. |

Instagram

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| Fraser Health has put together tips and resources to help you and your children stay active, healthy and safe during this summer break. Check out their Summer Health Guide at: <https://ow.ly/CyO750Peziv>. |

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